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**Subject: Determine Nutritional Risk – Dietary/Non-Medical**

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Effective Date: January 23, 2006

Revised from: October 1, 2004

**Policy:** All applicants shall be screened for dietary deficiencies that impair or endanger health.

A food recall shall be completed to estimate the types of food and drink a client consumes in a typical day, the method of preparation, the amount eaten, and the approximate time the food or drink was consumed.

**Reference: CFR §246.7**

**Procedure:**

- 1) When a certification appointment is scheduled the applicant / caregiver is:
  - a) Provided with a Food Record / Rights and Responsibilities form.
  - b) Advised to bring the completed Food Record to the certification appointment.
- 2) The client / caregiver may complete this form or the WIC staff may complete the Food Record: **NOTE:** An easy time period to recall is from the time one awakens to the time one goes to bed again.
- 3) During the certification appointment the WIC staff will ask probing, open ended questions to review:
  - a) Current and usual food and fluid intake including
    - i) Any reported diet restrictions or modification.
    - ii) Preparation methods.
  - b) Factors that effect food or fluid intake
  - c) When, where, and with whom meals and snacks are routinely consumed.
  - d) The use of vitamin/mineral supplements.
  - e) Clinical manifestations of Nutrient Deficiencies Diseases.
- 4) For women and children 24 months of age or older, evaluate the 24-hour recall by:
  - a) Count and document the number of servings eaten for each food group.
  - b) Count and document High C fruit and vegetable servings separately.
  - c) Count and document High A fruit and vegetable servings separately.
  - d) Count and document the amount of juice consumed in ounces.

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- e) Count and document juice intake as both fruit or vegetable servings and the total number of ounces consumed.
- 5) Compare servings eaten to recommended daily servings appropriate for the age and category of the client.
- 6) Document number of servings on the Diet Tab in KWIC.
- 7) The CPA will assign all dietary risk factors as identified.

## Food Record

You (your child's) name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Do you have a working stove? ☐ Yes

☐ No

Refrigerator? ☐ Yes

☐ No

What kind of water do you (your child) drink?

☐ Well

City

☐ Bottled☐ Unsure

**Directions:** List all the food and drinks **eaten** on one day. Be sure to pick a usual day.

[illegible]

## Food Groups

### Meat

1 oz. cooked meat,  
poultry, or fish

1 oz. equivalents:

1 egg • ½ c. cooked  
dry beans • 2 T peanut  
butter • ¼ c. seeds • ⅓  
c. nuts, such as  
walnuts, pecans, or  
peanuts • ½ c. baked  
beans • ½ c. tofu

## Milk / Dairy

1 c. milk ♦ 1 c.  
yogurt (all kinds) ♦

1½ oz. natural  
cheese • 2 oz.  
process cheese • 2  
c. cottage cheese •  
1½ c. ice cream

### Bread/Cereal

1 slice bread • ½ hamburger or hot dog bun • ½ english muffin or bagel • 1 small roll, biscuit, or muffin • ½ c. cooked cereal, pasta or rice • 1 oz. ready-to-eat cereal • 5 to 6 small crackers (saltine size) • 2 to 3 large crackers (graham cracker square size) • 7" flour or corn tortilla • 2 taco shells, corn • 4" pancake

## Fruits and Vegetables

1 medium piece fresh • ½ c. cut-up fresh, frozen, cooked  
or canned fruit or vegetables • ¼ c. dried fruit • 1 c. leafy  
raw vegetables • ¾ c. juice

### High C Fruits and Vegetables

orange • grapefruit half • cantaloupe • strawberries •  
broccoli • cabbage • cauliflower • green peppers • greens •  
spinach • orange, grapefruit or vitamin C fortified juice

### High A Fruits and Vegetables

cantaloupe • beet greens • carrots • mixed vegetables •  
pumpkin • spinach • sweet potato

C

A

Other

## Registro de Comida

Su (nombre del niño) nombre \_\_\_\_\_ Fecha de Nacimiento \_\_\_\_\_

Usted tiene una estufa que funciona? ☐ Si ☐ No Refrigerador? ☐ Si ☐ No

Que clases de agua (su niño) toma? ☐ Pozo ☐ Ciudad ☐ Embotellada ☐ Inseguro

**Instrucciones:** Enumere todas las comidas y bebidas **consumido** en un día. Escoja un día usual.

[illegible]

Food Groups			
<p><b><u>Meat</u></b>            1 oz. cooked meat, poultry, or fish            1 oz. equivalents:                1 egg • ½ c. cooked dry beans • 2 T peanut butter • ¼ c. seeds • ⅓ c. nuts, such as walnuts, pecans, or peanuts • ½ c. baked beans • ½ c. tofu</p>	<p><b><u>Milk / Dairy</u></b>            1 c. milk • 1 c. yogurt (all kinds) • 1½ oz. natural cheese • 2 oz. process cheese • 2 c. cottage cheese • 1½ c. ice cream</p>	<p><b><u>Bread/Cereal</u></b>            1 slice bread • ½ hamburger or hot dog bun • ½ english muffin or bagel • 1 small roll, biscuit, or muffin • ½ c. cooked cereal, pasta or rice • 1 oz. ready-to-eat cereal • 5 to 6 small crackers (saltine size) • 2 to 3 large crackers (graham cracker square size) • 7" flour or corn tortilla • 2 taco shells, corn • 4" pancake</p>	<p><b><u>Fruits and Vegetables</u></b>            1 medium piece fresh • ½ c. cut-up fresh, frozen, cooked or canned fruit or vegetables • ¼ c. dried fruit • 1 c. leafy raw vegetables • ¾ c. juice  <b>High C Fruits and Vegetables</b>            orange • grapefruit half • cantaloupe • strawberries • broccoli • cabbage • cauliflower • green peppers • greens • spinach • orange, grapefruit or vitamin C fortified juice  <b>High A Fruits and Vegetables</b>            cantaloupe • beet greens • carrots • mixed vegetables • pumpkin • spinach • sweet potato</p>
			<p>C                  A                  Other</p>